



USDA Branded Food Products Database  
Release June, 2017

**Full Report (All Nutrients) 45127965, MORNINGSTAR FARMS BREAKFAST SAUSAGE EGG & CHEESE 14.8OZ, UNPREPARED, GTIN: 00028989100191**

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSync](#)

**Report Date: July 12, 2017 03:07 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Kellogg Company US

Nutrient	Unit	Data points	Std. Error	1 Sandwich 105g	1 Value Per100 g
<b>Proximates</b>					
Water	g	--	--	58.48	55.70
Protein	g	--	--	15.33	14.60
Total lipid (fat)	g	--	--	8.29	7.90
Ash	g	--	--	2.52	2.40
Carbohydrate, by difference	g	--	--	20.37	19.40
Fiber, total dietary	g	--	--	4.3	4.1
Sugars, total	g	--	--	2.10	2.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	159	151
Iron, Fe	mg	--	--	2.21	2.10
Magnesium, Mg	mg	--	--	39	37
Phosphorus, P	mg	--	--	281	268
Potassium, K	mg	--	--	219	209
Sodium, Na	mg	--	--	621	591
Zinc, Zn	mg	--	--	1.47	1.40
Copper, Cu	mg	--	--	0.105	0.100
Manganese, Mn	mg	--	--	1.050	1.000
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.084	0.080

Nutrient	Unit	Data points	Std. Error	1 Sandwich 105g	1 Value Per100 g
Niacin	mg	--	--	1.050	1.000
Vitamin B-6	mg	--	--	0.052	0.050
Folate, total	μg	--	--	13	12
Vitamin B-12	μg	--	--	0.21	0.20
Vitamin A, IU	IU	--	--	0	0
Vitamin D	IU	--	--	15	14
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	2.940	2.800
Fatty acids, total monounsaturated	g	--	--	2.415	2.300
Fatty acids, total polyunsaturated	g	--	--	2.415	2.300
Fatty acids, total trans	g	--	--	0.105	0.100
Cholesterol	mg	--	--	120	114

#### Amino Acids

#### Other

#### Ingredients

English muffin (water, whole wheat flour, wheat flour, fermented wheat flour, degerminated yellow corn meal, yeast, cellulose, soybean oil, wheat gluten, salt, wheat bran, calcium propionate [preservative], inactive dry yeast, barley malt syrup, caramel color, malted barley flour, natural and artificial flavor, unsalted butter, soy lecithin), veggie sausage patty (water, wheat gluten, soy protein concentrate, corn oil, soy flour, egg whites, sodium caseinate, modified tapioca starch, lactose, soybean oil (with TBHQ for freshness), soy protein isolate, spices, autolyzed yeast extract, natural and artificial flavors, methylcellulose, sodium tripolyphosphate, salt, hydrolyzed wheat gluten, disodium inosinate, caramel color, modified corn starch, whey, hydrolyzed corn gluten, hydrolyzed soy protein, potassium chloride, red bell peppers, dextrose, onion powder, disodium guanylate, tetrasodium pyrophosphate, hydrolyzed wheat protein, sodium hexametaphosphate, succinic acid, niacinamide, monosodium phosphate, lactic acid, brewer's yeast, torula yeast, soy lecithin, iron (ferrous sulfate), magnesium carbonate, vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B12), baked egg patty (whole eggs, nonfat milk, modified food starch, water, salt, xanthan gum, black pepper extract, citric acid [preservative], soy lecithin), pasteurized process cheddar cheese (cheddar cheese [cultured milk, salt, enzymes], water, cream, sodium phosphates, salt, annatto extract for color, paprika extract for color, enzymes). Date Available: 04/07/2017 Date Last Updated by Company: 04/07/2017